



Three Cranberry Relish

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



203 kcal

SIDE DISH

SAUCE

Ingredients

- 1 pound cranberries
- 1.5 cups sweetened-dried cranberries
- 12 fluid ounce cranberry juice cocktail concentrate frozen canned
- 0.3 cup orange juice
- 1 tablespoon orange zest
- 0.7 cup sugar white

Equipment

- sauce pan

Directions

- Combine all ingredients in a 3 quart sauce pan and cook over medium heat until cranberries pop.
- Serve warm or cold. As it the relish sits it thickens up.

Nutrition Facts

PROTEIN 0.58% **FAT 1.31%** **CARBS 98.11%**

Properties

Glycemic Index:16.71, Glycemic Load:11.35, Inflammation Score:-2, Nutrition Score:3.8839130077673%

Flavonoids

Cyanidin: 21.17mg, Cyanidin: 21.17mg, Cyanidin: 21.17mg, Cyanidin: 21.17mg Delphinidin: 3.5mg, Delphinidin: 3.5mg, Delphinidin: 3.5mg, Delphinidin: 3.5mg Malvidin: 0.2mg, Malvidin: 0.2mg, Malvidin: 0.2mg, Malvidin: 0.2mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 22.3mg, Peonidin: 22.3mg, Peonidin: 22.3mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 3.45mg, Myricetin: 3.45mg, Myricetin: 3.45mg, Myricetin: 3.45mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg

Nutrients (% of daily need)

Calories: 202.89kcal (10.14%), Fat: 0.31g (0.48%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 52.83g (17.61%), Net Carbohydrates: 50.09g (18.21%), Sugar: 44.04g (48.94%), Cholesterol: 0mg (0%), Sodium: 3.45mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.62%), Vitamin C: 26.55mg (32.19%), Manganese: 0.26mg (13.13%), Fiber: 2.74g (10.97%), Vitamin E: 0.98mg (6.56%), Vitamin B5: 0.36mg (3.61%), Vitamin K: 3.66µg (3.48%), Vitamin B6: 0.05mg (2.68%), Copper: 0.05mg (2.41%), Potassium: 76.52mg (2.19%), Vitamin B2: 0.03mg (1.79%), Iron: 0.31mg (1.7%), Magnesium: 6.04mg (1.51%), Vitamin B1: 0.02mg (1.48%), Calcium: 10.95mg (1.09%), Vitamin A: 54.2IU (1.08%)